

# NEW GENERATION



**MAYNARD COUNCIL ON AGING & SENIOR CENTER**  
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009

**JANUARY 2020**



## The View from Here

Many thank you's to Rep. Kate Hogan for sponsoring The Golden Tones' annual performance at the Council on Aging's December luncheon. Sing-a-longs were accompanied by Rep. Hogan hand delivering chocolates and a warm hello to each table. Thank you to the Friends of Maynard Seniors' Board of Directors for serving up another delicious dinner prepared by Flo's Catering. What a wonderful way to begin celebrating the holidays!

To combat whatever winter brings (snow, the common cold or the doldrums), January's programs offer special presentations on health and wellness as well as lots of laughter (the best medicine!). Anne Marie Lesniak Betley will discuss Chinese Medicine and the Winter Season, Lucia Camera will explore the Winter Blues and Denise Mercury from Minuteman Senior Services returns to update us on the final Nutrition Facts Label from the FDA. Our Friday series promises to deliver great doses of healthy laughter as we enjoy classic comedy from I Love Lucy, The Carol Burnett Show and The Dick Van Dyke Show.

I've been asked to remind everyone about the importance of the File of Life and the Maynard Police Department's Emergency Database Program. Both can be life savers when an incident or accident occurs by providing critical information, whether about medications, medical conditions or who to contact in case of any emergency. The Emergency Database Form is on page 13 - you can fill it out and mail or drop it by the Maynard Police Station. If you have any questions about the Database, Sarah Finnerty, Maynard Communications Supervisor, will be joining us at our February luncheon.

If you'd like a File of Life, you can contact the COA to have us mail you one or stop by and pick one up. Firefighters from the Maynard Fire Dept. are at every luncheon if you have any questions about the FOL and any other ways to be prepared in advance of an accident or injury.

**Stay warm & safe!**

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

**A donation was made to the COA Gift Fund in honor of:**

*Amy & Pat*

whose dedication to the Maynard Seniors is constant and always thoughtful

**From Joanie Bernhardt**

**A donation was made to the COA Gift Fund**

**From Sandy Martucci & Family,  
Nancy Hale and Diane Wasiuk**

## Happy New Year!

From the Sip-N-Stroll, to the first-annual Menorah Lighting, plus Christmas and New Year's celebrations, Maynard is so busy leading up to January 1st, its good to catch our breath a little. But that's not to say the community isn't active in the middle of winter. Looking around, you can see all the downtown shops still open, the movie theatre is bustling, construction at Maynard Crossing continues, Public Works crews are diligently keeping us safe, and the school children are hard at work again following their vacations.

In this new year, it's exciting to think of being in the "'20's" now, and what new opportunities, as well as challenges, await us in Maynard. My Finance Director, Mike Guzzo, and I are thinking about the new year in a very tangible way as we develop the next fiscal year's recommended budget. This process has the same challenges as every year before, and for every town: keeping up the level of services as in the past year, as well as being responsive to future needs. We want to position ourselves to be ready for the next chapter of Maynard. With the growth from Maynard Crossing, development of Powdermill Road, and new storefronts downtown, new residents, new businesses, and new visitors will be the norm in the very near future.

Its critical in our preparation to follow through with the town's investments, such as water and sewer infrastructure, street and sidewalk maintenance, building upkeep, and executing the next phase of the new Fire Station's construction. Town Meeting funded the purchase of the new station's property, design of the building, and hiring of a Project Manager, so we are prepared to move forward when given the green light at the Town Meeting in May. Feel free to ask the Fire Fighters about this project as they regularly attend the Council on Aging luncheons.

Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?



Sincerely,

**Greg Johnson**

Town Administrator | gjohnson@townofmaynard.net

## Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 10:30 a.m. (January 21st), at Town Hall in the Gianotis Room . This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happening at the Senior Center and what's on the horizon.

# Highlights of Upcoming Events

## February & March Luncheons

will be held at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard

### February Luncheon

Thursday, February 13 • Noon

Lasagna, Meatballs & Sausage  
Salad, Italian Bread, Dessert

**\$8.00 Pay at the door**

Deadline to sign up is February 5

### March Luncheon

Friday, March 13 • Noon

Meatloaf, Mashed Potatoes, Peas, Salad & Dessert

**\$8.00 Pay at the door**

Deadline to sign up is February 26  
Entertainment by Roger Tincknell

Please remember to sign up for the luncheon by the date listed above ~ we need to give the caterer a count. If you need to cancel please do so by the dates listed above.

## Lunch with Live Music at St. John, Sudbury

Tuesday, January 14 • Noon to 2 p.m.

Come for a hot lunch, with live music provided by Wolverine Jazz Band. The luncheon will be held on Tuesday, January 14, at St. John Lutheran Church. Our menu will feature chicken parmesan, ziti, and tossed salad.

Although St. John is now in Sudbury, our origins are in Maynard, and many members are from Maynard. Please come to the luncheon!

A suggested donation of \$8 is asked. To sign up, call the church office at 978-443-8350 before Monday, January 6. St. John is located at 16 Great Road in Sudbury.

The COA will be closed: Monday, January 20  
In observance of Martin Luther King, Jr. Day

## Daytime Book Club at the Council on Aging



first Tuesday of the month from 1:00 to 3:00 p.m.

February 4 – *Breakfast with Buddha* by Roland Merullo

March 3 – *Heartburn* by Nora Ephron

April 7 – *The Forest Lover* by Susan Vreeland

Copies of standard and large print books as well as books on CD are available at the Maynard Library.

## Celebrate Maynard's 150th (Sesquicentennial) Anniversary!

Local historian David Mark has been charged with writing a town history and would like to interview anyone who worked at the woolen mill (ended in 1950).

Please contact him at: [damark51@gmail.com](mailto:damark51@gmail.com) or (508) 633-8061.



## Calling All Knitters!

Monday • 9:30 a.m. • Starting January 27  
(no class on February 17 and February 24)

Join Jan Rosenberg for an opportunity to learn to knit or continue with a current project. Beginners can join and find out what they need to purchase to get started. Enjoy a cup of coffee and warm company! Please sign up!

## SAVE THE DATE! Making the Mind-Body Connection

Monday, March 16 • Maynard Elks Club  
(start time to be determined)

The connection between the mind and body has become an area of increasing medical interest over the past several years. Amanda Venti McLain will provide a brief history of mind-body medicine, explain the physiology of stress, its impact on health and the mounting scientific evidence to support the mind-body therapies.

Program sponsored by Emerson Hospital

Join the Fowler Middle School's Kindness Club for intergenerational rock painting fun!

Please contact Amy at the COA if you are interested in participating – don't miss out!

# The Friends of Maynard Seniors

The Friends of Maynard Seniors organization bids farewell to a busy and productive year 2019. As we ring in the New Year, I am turning over the reins to a new Board of Directors. Personally, this has been a rewarding two-plus year experience helping get FoMS off the idea board and into the front lines. We have made tremendous progress and I now look forward to working behind the scenes on other projects to help grow the organization. I'd like to thank you, all, for your encouragement, your support, and your help. Together, we make a great team!

**Peggy Brown** | Past President



As we enter a new year and new decade I am so excited and honored to be taking over the reins from Peg Brown. Peg has worked tirelessly to get FoMS organized and off the ground and I'm very grateful that she will continue as a member of the Board. Her insight and dedication are invaluable.

The Friends of Maynard Seniors are dedicated to continue supporting the great work of the Council on Aging and to supporting seniors in Maynard. The Board of Directors invites you to join us at our 3rd Annual Meet and Greet event on Friday January 24th at 6:30 at the Maynard Golf Course. It's a great time to get together with friends, make new friends and either join or renew your membership in Friends of Maynard Seniors. I look forward to meeting you and hearing any suggestions you may have to enrich the work of FoMS going forward.

**Mary Ann Bassett** | President Elect

**FoMS Board of Directors for 2020**  
**Mary Ann Bassett, President;**  
**Joanie Bernhardt, Vice President;**  
**Linda Cetrone; Treasurer;**  
**Loretta West, Secretary.**



**Friends of Maynard Seniors Board of Directors serving at COA Holiday Luncheon – joined by Greg Johnson, Maynard Town Administrator**

## Join or Renew - Friends of Maynard Seniors Annual Membership

**\$15 INDIVIDUAL**

**\$30 COUPLES**

**\$50 SUPPORTER**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Phone** \_\_\_\_\_

Checks payable to: **Friends of Maynard Seniors**  
**195 Main Street, Maynard MA 01754**

# “Soup-r” MEET and GREET SOCIAL



Gather with the Friends of Maynard Seniors on Friday, January 24, 2020 for our *3rd* Annual Meet and Greet Social. All are welcome.

**Where:** 50 Brown Street, Maynard Golf Course

**When:** 6:30 to 8:00pm

**Who:** Members, prospective members, and guests are all cordially invited.

Join us for a social evening!  
Enjoy some homemade soups and bread.  
Cash bar available.  
*Test your “Old Times Trivia” knowledge  
with a fun quiz! Win prizes!!*

Individual memberships at only \$15 help us support programming and services for Maynard seniors.

Sign up at the event, renew your dues, or get further information about our organization.

Call 978-897-1009 or email: [friendsofmaynardseniors@gmail.com](mailto:friendsofmaynardseniors@gmail.com)

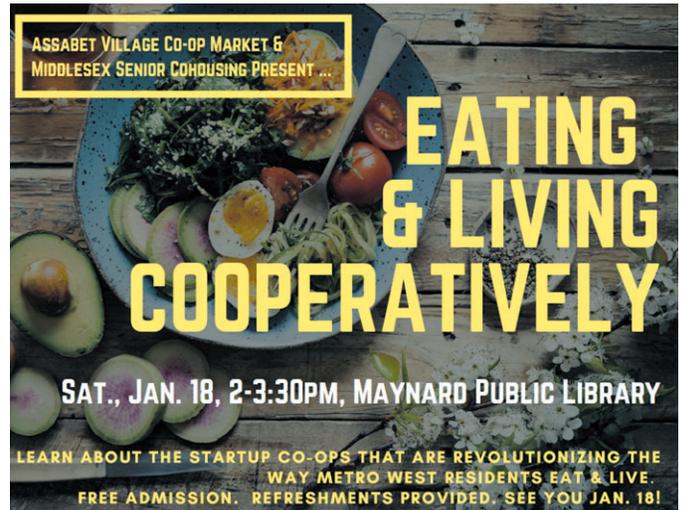


## United States Census Job Application Session

Tues, January 28th • 7pm  
Maynard Public Library

Want to earn \$25 per hour while helping our community? A representative from the U.S. Census Bureau will be at the library to answer questions about Census jobs, and will be helping people complete the online application.

Please sign up at the Reference Desk or online at [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org).



## 6 Bridges Gallery

FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography  
Ceramics • And More

### Provisional Living

Paintings by  
Lydia Kinney



January 2 – 25, 2020  
Reception: January 11, 5:00–7:00 pm

77 Main Street, Maynard  
6BridgesGallery.com • 978.897.3825



## 6 Bridges Gallery

FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography  
Ceramics • And More

# ArtSpark

6 artists explore connections  
with music, literature, performing  
arts and video.

January 28 – February 29, 2020  
Reception: February 8, 6:00–8:00 pm

77 Main Street, Maynard  
6BridgesGallery.com • 978.897.3825



## Get Started with Gmail! Tuesday, January 21st @ 7pm

Want to make the most out of your Gmail account? See why Gmail is the most popular e-mail service on the web and learn a variety of tips and tricks to become an expert user!

(While not mandatory, feel free to bring a laptop to follow along with.)

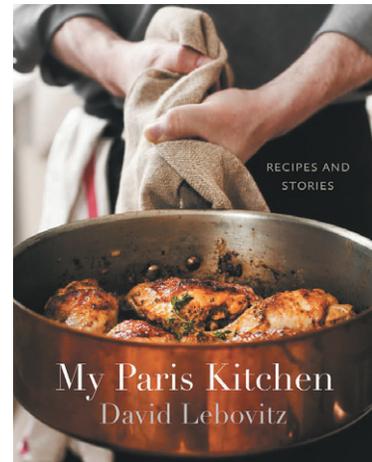
Please register at [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org) or call the Reference Desk at 978-897-1010 x103.

## January Cookbook Club Monday, January 13 • 12:00 Noon

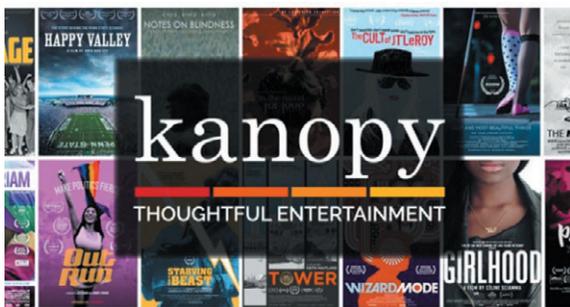
In January, we'll start the new year right, by visiting the City of Light! With David Lebovitz's book of stories and recipes, we'll explore the cooking, streets, bistros, markets and pastry shops of Paris neighborhoods.

Borrow a cookbook at the Circulation Desk, select a recipe, and prepare your dish for the potluck lunch on the 13th.

Drinks and place settings provided. Sponsored by the Friends of the Maynard Library.



## Snow And Cold Have You Stuck In The House?



Kanopy is an on-demand streaming video service offering thousands of award-winning documentaries, theatrical releases, & training films.

Download the Kanopy app or visit [maynard.kanopy.com](http://maynard.kanopy.com)



Borrow popular and classic e-books, audiobooks, and magazines with Libby, the one-tap reading app!

Download the Libby app or visit [minuteman.overdrive.com](http://minuteman.overdrive.com)

**ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY**

# January Events

## Pizza and a Movie

Please join us for classic romance movies in February. Pizza will be available to purchase for lunch. Popcorn, drinks and dessert will be provided.

### Barefoot In The Park

**Wednesday, February 5th • 11 a.m.**

This 1967 romantic comedy, directed by Gene Saks and written by Neil Simon, stars Robert Redford, Jane Fonda, Charles Boyer, and Mildred Natwick. Paul, a conservative young lawyer, marries the vivacious Corie. Their highly passionate relationship descends into comical discord in a five-flight New York City walk-up apartment.

### Never Too Late

**Friday, February 14th • 11:30 a.m.**

Fifty-something Edith Lambert is thrilled to find out that she's going to have a baby. Her husband Harry, however, is less enthusiastic. Recreating their stage roles, Paul Ford and Maureen O'Sullivan portray unexpectedly expectant parents in a delightful 1965 film adaptation of the hit Broadway comedy. Connie Stevens and Jim Hutton are their astonished daughter and son-in-law. It's Never Too Late to laugh...long and loud!

## CareOne Presents:

### Respiratory Therapy Presentation

**Thursday, January 30 • 12:00 noon**

## Winter Blues Grief . . . It's a Thing

**Wednesday, January 29 • 1:00 p.m.**

Presented by Lucia Camara, Bereavement Minister for Nashoba Nursing Service and Hospice.

What's cold, icy really uncomfortable and sometimes makes you sad? Good Grief it's winter! Weather can have a real impact on mood and coping, whether we like it or not and getting through the winter months is tough, even without grief. These can be especially hard days for people with the fatigue of grief due to the loss of a loved or loss of health, mobility and eyesight. So, for these darkening days, join us for some tip and thoughts about dealing with Winter Blues Grief.

## SIGN-UPS ARE REQUIRED FOR ALL PROGRAMS

## FRIDAY SERIES

**January 17th, 24th, and 31st • 11:30 a.m.**

Please join us for laughs on Friday afternoons in January as we watch some classic comedy series. From I Love Lucy to Dick Van Dyke to The Carol Burnett Show, we will go back in time and revisit some hilarious comedies. If laughter is your best medicine, you'll want to get a healthy dose of merriment with us here at the COA.

### Bingo

**Wed., January 15**

**11:00 a.m.**

### Keep Well Clinic

**Wed., January 15**

**12:30 p.m.**

## Nutrition Facts Labels:

### What Do They Mean And What Changes Are Coming?

**Monday January 27th • 11:00 a.m.**

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet.

Denise Mercury, the Registered Dietitian Nutritionist from Minuteman Senior Services, will talk about these changes and help you to understand the information provided on the Nutrition Facts labels.

## Chinese Medicine And The Winter Season

**Wednesday, January 22 • 10:30 a.m.**

**Presentation by Anne Marie Lesniak Betley**

Learn why Chinese medicine is more than needles. Understand the seasons from a Chinese medicine perspective and receive food recommendations for the season. Anne Marie will provide a demonstration of acupuncture/acupressure points for health (headache, insomnia, back ache, knee pain and cold/flu) and help people find the points on themselves. A Qi Gong exercise will be shared.

# CALENDAR

## **Z-GOLD TONING - MONDAYS - 9:00 a.m.**

The class contains exercise with balls, weights and bands, standing or sitting for total body conditioning. Increase strength, range of movement, flexibility, balance and coordination. Format for this class allows you to participate at your own pace & ability.

## **TAI CHI - MONDAYS - 12:30 p.m.**

## **STRETCH & FLEX - MONDAYS - 10:30 a.m.**

Increase both strength and flexibility while connecting breath to movement. Start with gentle stretches, moving to your feet with warm up exercises and finishing, using blocks and straps.

## **ROCK PAINTING - MONDAYS - 1:30**

Bring a rock and find your artist within!

## **DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.**

## **CHAIR YOGA - TUESDAYS - 9:30 a.m.**

Stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for our balance. The hour session ends in a relaxing Savasana.

## **LINE DANCING - TUESDAYS 9:30 a.m.**

## **YOGA WITH TERRY - TUESDAYS - 11:30 a.m.**

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness.

## **ZUMBA GOLD - WEDNESDAYS - 9:00 a.m.**

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

## **YOGA WITH LISA - THURSDAYS - 9:30 a.m.**

This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life.

## **ART/WATERCOLOR PAINTING - FRIDAYS - 8:30 a.m. - 10:30 a.m.**

## **ZUMBA GOLD - FRIDAYS - 9:00 a.m.**

## **KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.**

**WHEN THE MAYNARD SCHOOLS ISSUE A TWO HOUR DELAY, THESE CLASSES & ACTIVITIES WILL AUTOMATICALLY BE CANCELLED:**

**Monday:** Zumba Gold Toning and Stretch & Flex

**Thursday:** Yoga with Lisa

**Tuesday:** Chair Yoga, Line Dancing & Drop In

**Friday:** Watercolor Class, Zumba Gold

**Wednesday:** Zumba Gold

and Kings in the Corner

## PLEASE NOTE CHANGES TO DAYS & TIMES OF SHOPPING TRIPS!

### Maynard Council on Aging Trips

#### COA OUTINGS

#### SCHEDULED SHOPPING TRIPS

##### STOP & SHOP Monday through Thursday

##### SHAW'S Friday Only

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

##### January 23 & February 20 MARKET BASKET

Pick-ups start at 1:00 p.m. Van cost \$3.00.

##### February 6 WALMART

Pick-ups start at 1:00 p.m. Van cost \$3.00.

##### Contact CrossTown Connect to make a reservation for:

- Medical Appointments
- Grocery shopping at Shaw's and Stop n Shop
- And other types of shopping such as CVS, Rite Aid, banks, hair dressers, etc.

### Council On Aging Van

To schedule the van call CrossTown Connect: (978) 844-6809

The Council on Aging van runs from 7:00 a.m. to 3:00 p.m. and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). A donation of \$1 is requested each time you get on the van. Transportation to the COA is free! Anyone with weekly appointments (same time, same day) must arrange for a standing pickup. If you decide not to go you MUST notify the dispatch office.

Residents of Maynard, 60 years of age or older and handicapped persons of any age, may use the van. If the rider is handicapped in any way, please mention this when scheduling the pickup so any accommodations may be made in advance. Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call the office to report the "no show" and leave for the next pickup. On very busy days the van can get behind schedule.

### Transportation Resources

**I'm Looking for Transportation:** Transportation services are available across Massachusetts for seniors, people with disabilities, veterans, commuters, and others. [www.mass.gov/im-looking-for-transportation](http://www.mass.gov/im-looking-for-transportation)

#### THE RIDE

Eligibility Center  
(617) 337-2727, (617) 222-5123  
TTY: (617) 222-5415

Wheelchair accessible rides and those with disabilities who qualify. [mbta.com/accessibility/the-ride](http://mbta.com/accessibility/the-ride)

**Senior Charlie Card:** People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years. [www.mbta.com/fares/reduced/senior-charliecard](http://www.mbta.com/fares/reduced/senior-charliecard)

**Maynard/Acton Commuter Shuttle:** The shuttle runs between downtown Maynard and the South Acton Commuter Rail station. [www.townofmaynard-ma.gov/shuttle/](http://www.townofmaynard-ma.gov/shuttle/)



Michelle Jenkins, CMC | Maynard Town Clerk

## JUST A FRIENDLY REMINDER

All dogs, six months of age or older **MUST** be licensed by February 28, 2020!!

And, any new dog to Town or recently acquired must be licensed within 30 days!!

## BE ON THE LOOKOUT

The Annual Town Census forms have been mailed. Please sign and return them ASAP so as to stay on the "active voter" list. It's a big election year!!!

A graphic of a "FILE OF LIFE" form. The title "FILE OF LIFE" is in large white letters on a red background. Below it, the text reads "KEEP INFORMATION UP TO DATE !! Review At Least Every Six Months!". The form includes fields for "MEDICAL DATA REVIEWED AS OF" (with sub-fields for MO. and YR.), "Name:", "Address:", "Doctor:", "Phone #:", and "Preferred Hospital:". There is also a section for "EMERGENCY CONTACTS" with fields for "Name:" and "Phone #:" repeated twice.

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments.

Please contact the Council on Aging if you would like one mailed or stop by and pick one up!

## Inclement Weather & Safety Concerns at the Maynard COA During Winter Months

With winter officially here there are some safety cautions to be aware of when attending classes and activities at the Council on Aging. Remember that when the Maynard schools close all COA classes and activities are cancelled. The COA van service will also be cancelled. When there is a school delay early morning classes and activities at the COA will be cancelled – please see page 9. Early van reservations will be modified. Closures and delays are posted on TV channels 4, 5 and 7.

In addition, there may be times when the schools are open but you may receive a "robo-call" from the COA if re-freezing is occurring and classes and activities must be cancelled. Always call the COA before coming if you are unsure if classes are occurring. The COA answering machine will be updated. Please contact the COA to make sure you are our system so you receive a call.

The walkway to the COA has a steep incline before you get to the main stairs. We do have a railing on the right side of the walkway and on both sides of the front steps – please use them! Every attempt is made to treat slippery and icy areas but refreeze can quickly happen in certain weather related conditions. Orange cones will be put out at the front entrance to avoid that area. The walkway facing the golf course should never be used to enter the COA in the winter.

It is a high priority of the Town to keep anyone entering the building safe. Always call the COA if you are not certain the COA is easily accessible and classes are occurring as scheduled. Please consider taking the COA van. It offers door-to-door service and is free when you come to the COA. And as well, you won't have to find a place to park on busy days at the COA.



## Community Dinners & Pantry

November/December news from Open Table

Open Table has a couple special dinners coming up in January. On January 13 we will have a Mexican Fiesta at the **Maynard community dinner at 33 Main Street**. We will be serving beef fajitas and other south of the border fare.

On Thursday, January 23 we will be celebrating the Chinese New Year at the Open Table community dinner in **Concord** with authentic Chinese food and entertainment. **Doors open at 4:45 and dinner will be served at 5:30 pm at First Parish on Lexington Road in Concord.**

On January 27, professional chef and Maynard resident Mark Valentine will be back to cook at the **Maynard community dinner**. You know how delicious his dinners are if you attended last time. There will not be a dinner on January 20 - Open Table will be closed in observance of Martin Luther King Day. Our dinners are served at 6 pm and are open to all and always nutritious and delicious. Hope you'll join us.

## Maynard Food Pantry

Serving Maynard since 1992

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly.

**Hours of Operation:** The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon. On some holidays that fall on Mondays, we will be open the next day.

**Directions:** 82 Main Street, Maynard, MA 01754 • 978-764-5279

Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.

## Mt. Calvary Community Supper

Wednesdays, 5:00 – 6:00 p.m.

Mt. Calvary Church, 472 Mass Ave., Acton (978) 263-5156

[www.mtcalvaryacton.org](http://www.mtcalvaryacton.org)  
[communitysupper.org](http://communitysupper.org)



Free Community Dinner at First Parish Church in Stow (353 Great Road) - Guest Table holds monthly dinner first Friday of the month from 5:30 - 6:30 pm. Everyone welcome and there is no charge but donations are gratefully accepted. Doors open at 5pm. Email [fpcguesttable@fpc-stow-acton.org](mailto:fpcguesttable@fpc-stow-acton.org) or call 978-897-8149 for more information. Guest Table is made possible from grants from Stow Community Chest, Acton Boxborough United Way, and private donations.

## Minuteman Senior Services Senior Nutrition Program

### GOOD NUTRITION IS ESSENTIAL TO GOOD HEALTH!

The **Meals on Wheels** program delivers lunch to homebound seniors who are unable to provide their own meals, and who meet certain guidelines:

- The recipient must lack a reliable or consistent support system to assist with meal preparation; and
- Must be unable to drive while the service is provided.
- Eligibility for this program is determined by a Minuteman Senior Services care manager.

Volunteers deliver the meals between 11 am and 1 pm, Monday through Friday. Different volunteers may deliver each day, so arrival time will vary. This daily check in by a volunteer driver may be the only social contact an older person has during the day and helps reduce the isolation often experienced by disabled seniors. Drivers are trained to identify and report observations or emergencies that might indicate a medical problem or the need for more intervention.

**Regular Meals** provide one-third of the Recommended Daily Dietary Allowances, are approximately 700-800 calories and meet the requirements of a 'no added salt' diet. For those needing additional assistance, a cold supper meal can be delivered along with the noon meal.

**Special Diets** Low-sugar desserts are available by request in place of the regular dessert. Therapeutic meals are also available based on our dietitian's assessment and physician approval, and include Low Lactose, Renal, Mechanical Soft and Pureed.

A menu is delivered with the meal each month and is also posted at [www.minutemansenior.org](http://www.minutemansenior.org).

**Contributions** A voluntary, confidential donation is requested for all meals (closing the gap between the cost of the program and the public funding received), and can be made by recipients or family members. A monthly statement itemizes the meals received. Suggested donation is \$2.00 for regular meals and \$2.50 for therapeutic meals.

**To make a referral or for more information about Meals on Wheels, please call 888-222-6171**

*Volunteer Meals on Wheels drivers are always needed. Adopt a Route! If you can spare an hour on weekdays, just twice a month or more, please email [volunteer@minutemansenior.org](mailto:volunteer@minutemansenior.org) to see if this is the right match for you.*



# TOWN OF MAYNARD PUBLIC SAFETY DEPARTMENT

## Emergency Database Program

Please complete and mail this form to:  
Town of Maynard Police Department  
Attn: Sarah Finnerty  
197 Main St.  
Maynard, MA 01754

Registration Number  
*(Office Use Only)*

Date

### RESIDENT INFORMATION

Name

Street Address Apartment/Lot Number

City State Zip Code

Home Phone Number ( ) - Cell Phone Number ( ) -

Dangerous Pets  Yes  No Type and Location:

Resident is able to walk  Yes  No List physical impairments:

Resident lives alone  Yes  No If no, list names of Co-Residents: \_\_\_\_\_

Medical Condition:

Doctor's Name Doctor's Phone Number

### PRIMARY CONTACT PERSON

Name Relationship

Street Address Apartment/Lot Number

City State Zip Code

Home Phone Number ( ) - Cell Phone Number ( ) - Work Phone Number ( ) -

Key Holder  Yes  No

### ALTERNATE CONTACT PERSON

Name Relationship

Street Address Apartment/Lot Number

City State Zip Code

Home Phone Number ( ) - Cell Phone Number ( ) - Work Phone Number ( ) -

Key Holder  Yes  No

Please contact Sarah Finnerty at 978-897-1003 or [sfinnerty@townofmaynard.net](mailto:sfinnerty@townofmaynard.net) with any questions.

# Senior Services Directory Energy Resources

**Citizens Energy Heat Assistance**  
(Joe4Oil)  
(617) 338-6300  
[citizensenergy.com/assistance-programs](http://citizensenergy.com/assistance-programs)

**Low Income Home Energy Assistance Program (LIHEAP)**  
(800) 632-8175  
[www.liheap.us/massachusetts-heap](http://www.liheap.us/massachusetts-heap)

## Discount Rates on Utilities

**National Grid Low Income Electric Services**  
[www9.nationalgridus.com/non\\_html/OnDemandElectricInitial%20v052209.pdf](http://www9.nationalgridus.com/non_html/OnDemandElectricInitial%20v052209.pdf)

**National Grid Low Income Gas Services**  
[www.nationalgridus.com/media/pdfs/billing-payments/cm4445\\_ma\\_gas\\_discount\\_rateapp.pdf](http://www.nationalgridus.com/media/pdfs/billing-payments/cm4445_ma_gas_discount_rateapp.pdf)

**Good Neighbor Energy Fund**  
(Salvation Army)  
(800) 334-3047  
[magoodneighbor.org](http://magoodneighbor.org)

**SMOC (South Middlesex Opportunity Council)**  
300 Howard Street,  
Framingham, MA 01702  
(508) 620-1230  
[smoc.org](http://smoc.org)

**Eversource Discount Rate Application**  
[www.eversource.com/nstar/CustomerCare/Residential/DiscountRate](http://www.eversource.com/nstar/CustomerCare/Residential/DiscountRate)

**Joe-4-Oil Citizens Energy Discount Program**  
<http://citizensenergy.com/assistance-programs>

**Mass Save**  
(800) 632-8300  
[www.massave.com](http://www.massave.com)



## Need Help Paying For Heat This Winter? You Are Not Alone.

We can help with FUEL Assistance! Fuel Assistance helps thousands of local families with home heating bills each year. Many people do not realize they are eligible for support.

**Call SMOC FUEL to schedule an appointment at 508-620-2342!**

**Visit us at: [smoc.org/smoc-fuel-assistance.php](http://smoc.org/smoc-fuel-assistance.php)!**

Call SMOC Weatherization at 508-620-2312 for an energy audit! You may qualify for no-cost home energy audit & efficiency improvements (i.e. Insulation, appliance replacement, etc.)

# Household Members	Yearly Gross Income Limit
1	37,360
2	48,855
3	60,351
4	71,846
5	83,341

To qualify for the program, your household income must be below the yearly income limits. (Subject to change)

### The program runs from November 1st - April 30th

Cities And Towns Served by SMOC: Acton, Ashland, Bellingham, Blackstone, Boxboro, Concord, Dover, Framingham, Grafton, Holliston, Hopedale, Hopkington, Hudson, Lincoln, Littleton, Marlboro, Maynard, Medfield, Medway, Mendon, Milford, Millis, Millville, Natick, Northbridge, Northboro, Sherborn, Shrewsbury, Southboro, Stow, Sudbury, Upton, Uxbridge, Wayland, Wellesley, Westboro, Weston



## Emerson Family Medicine, Maynard

Emerson Family Medicine, Maynard is now open and providing care for the whole family. Enjoy access to a single medical practice that delivers a holistic approach to primary care. Our expert Family Medicine specialists are trained to care for individuals of all ages, from newborns to elders.

Emerson Medical at Maynard  
21 Main Street, Maynard  
(in the former Walgreens)

To schedule an appointment,  
call: 978-318-1870

Learn more at [Emersonhospital.org](http://Emersonhospital.org)



DRS. BROWN AND GOUPIL ARE ON THE ACTIVE MEDICAL STAFF AT EMERSON HOSPITAL.



## REP. KATE HOGAN'S SENIOR NEWS JANUARY 2020

As December's rush of family and festivities comes to an end, we have the opportunity to ring in a New Year and launch a new decade. It can be a powerful time of year to set goals for the months ahead and envision the impact we want to have on our community. This is especially true for state lawmakers, as we mark the second half of the legislative session and recommit in earnest to the big work ahead of us. In this spirit, I am excited to share with you some of my New Year's resolutions for Maynard seniors.

### **Resolution #1: Safeguarding access to health care savings for low-income seniors**

The ability to set aside money in a pooled trust gives our seniors of modest means what high-income residents might take for granted: access to protected savings they can draw from to pay for the many uncovered costs associated with aging. Proposed shifts

to MassHealth regulations, however, put the use of pooled trusts at risk. This session, I have refiled legislation that will codify – or secure in law – the preservation of pooled trusts for disabled seniors. What we know for sure is that low-income seniors with pooled trusts are far more likely to age in place and maintain a higher quality of life.

### **Resolution #2: Building senior-inclusive transportation solutions**

I am proud to work with a host of local, regional, and state partners to advance innovative transit solutions that bridge gaps in access for seniors in our community – establishing senior-inclusive fixed bus routes and first and last mile connections. This fiscal year, I secured funding towards continuing the popular South Acton Commuter Shuttle service and piloting a stop in Stow. Run by the towns of Maynard and Acton, in collaboration with the Transportation Management Association (TMA) CrossTown Connect, the shuttle has steadily become an important piece in our region's unique transportation puzzle, picking up residents throughout downtown Maynard and dropping them off at the commuter rail. As lawmakers debate significant transportation legislation in the coming months, I will continue to hit the ground running in partnership with our towns, TMAs, and Regional Transportation Authorities towards increased access to transit for our seniors – and to share our local success stories at the state level.

### **Resolution #3: Connecting seniors to dental care**

Due to a host of factors like geography and income, thousands of Commonwealth residents are unable to access regular dental care. Our seniors, who can be doubly challenged by lack of mobility, are particularly affected by this public health issue. One of the solutions I have been advancing at the State House is authorizing a new, mid-level dental provider, called dental therapists. Dental therapists will have the community-oriented training and flexibility to provide dental care in unconventional settings, like nursing homes. The bill, An Act to improve oral health for all Massachusetts residents, was advanced with bipartisan support out of the Joint Committee on Public Health earlier this year – a significant step towards getting it over the finish line and signed into law.

Share your goals for the year ahead by sending me an email or calling my office; I always love hearing about how state programming can better support our seniors in living happy, healthy, and connected lives.

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## Hogan's Office Hours

**Bolton Office Hours:** Thursday, January 16th from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton

If you are unable to attend office hours, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, staff is available at the District Office on Thursdays from 10 a.m. to 3 p.m.

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**Proudly represents Bolton, Hudson, Maynard, and Stow**

**State House,** Room 130, Boston, MA, 02133 / Phone 617-722-2130

**District Office:** Maynard Town Hall, 195 Main Street, Maynard, MA

**District Office Hours:** Mondays and Thursdays, 10AM-3PM

**By appointment:** Call 617-722-2130 or email [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

# COMING SOON TO FINE ARTS THEATRE PLACE

COMING DECEMBER 25

## LITTLE WOMEN

*Starring Saoirse Ronan, Emma Watson*

Following the lives of four sisters as they come of age in America in the aftermath of the Civil War. Though all very different from each other, the March sisters stand by each other.

JANUARY 14 & 15

## SEDUCED AND ABANDONED

A desperate Sicilian man, whose 15 year old daughter was seduced and impregnated by his older daughter's fiancé, tries to find a way to save the family's honor.

COMING JANUARY 10

## 1917

*Starring Andrew Scott, Benedict Cumberbatch*

Two British soldiers embark on a dangerous mission to save 1,600 men from certain doom during World War I.

COMING JANUARY 24

## THE GENTLEMEN

*Starring Charlie Hunnam, Matthew McConaughey*

Mickey Pearson is an American expatriate who became rich by building a marijuana empire in London. When word gets out that he's looking to cash out of the business, it soon triggers an array of plots and schemes from those who want his fortune.

FROM ALL OF US AT FINE ARTS THEATRE,  
WE WISH YOU A HAPPY AND SAFE NEW YEAR!  
THANK YOU FOR MAKING US YOUR  
NEIGHBORHOOD MOVIE THEATER!